

# Review of: "Evaluation of the Mindfulness-Based Wellbeing Enhancement Program: Effects on Wellbeing Outcomes"

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**Potential competing interests:** No potential competing interests to declare.

My suggestions/comments.

Change the title. Evaluation covers outcomes, and the text after the : is not necessary.

In 2019, about 280 million people worldwide were affected by depressive disorders. Which parts of the world?

Table 1 and 2 legend. Confusing similar/distinct and same/different. No need to start with 'a table excerpt from ...'. Start with 'Comparison .... and end with (excerpt from ...).

Condense the text; much repetition.

Study 1

Aims and hypothesis

Mention MBWE not only for mental wellness participants used.

What screening was used for potential participants?

A fee was asked; how much?

Where was the research done is not mentioned, only by deduction.

Who decided which 50 participants, because there must have been more?

Table 3: delete 'as provided below'.

Limitations: add about the fee needing to be included, which filters those who do not have the financial means. Who selected the participants? Who decided on the themes, etc.?

Why did the second study have 124 participants? How were they chosen? Why was it not included in Study 1? Why of a shorter duration? An afterthought after the first study started?

Is there really no conflict of interest?

